



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 20022, Cornmeal, degermed, enriched, yellow ^a

Report Date: June 27, 2017 03:39 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per 100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|---------------------------------------|------|-----------------|-------------|------------|-------|-------|-----|--------|--------|-----------|---------------------------------------|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water ^{1 2} | g | 11.18 | -- | 0.141 | 10.25 | 12.38 | 5.0 | 10.805 | 11.549 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Energy | kcal | 370 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 12/2009 |
| Energy | kJ | 1547 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 12/2009 |
| Protein ^{1 2} | g | 7.11 | -- | 0.121 | 6.44 | 7.62 | 5.0 | 6.794 | 7.423 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Total lipid (fat) ^{1 2} | g | 1.75 | -- | 0.141 | 1.35 | 2.5 | 4.0 | 1.364 | 2.144 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Ash ^{1 2} | g | 0.51 | -- | 0.045 | 0.33 | 0.7 | 4.0 | 0.389 | 0.639 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Carbohydrate, by difference | g | 79.45 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 12/2009 |
| Fiber, total dietary ^{1 2 3} | g | 3.9 | -- | 0.263 | 1.8 | 4.4 | 2.0 | 2.72 | 4.987 | 3 | Analytical or derived from analytical | -- | 12/2009 |
| Sugars, total | g | 1.61 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/2009 |
| Sucrose ^{1 2 3} | g | 0.68 | -- | 0.158 | 0.43 | 1.38 | 2.0 | 0.003 | 1.365 | 3 | Analytical or derived from analytical | -- | 12/2009 |
| Glucose (dextrose) ^{1 2 3} | g | 0.56 | -- | 0.416 | 0 | 1.41 | 2.0 | -1.23 | 2.353 | 3 | Analytical or derived from analytical | -- | 12/2009 |

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|--|------|----------------|-------------|------------|------|------|------|---------|---------|-----------|---------------------------------------|---------|---------------|
| Fructose 1 2 3 | g | 0.17 | -- | 0.092 | 0 | 0.31 | 2.0 | -0.22 | 0.569 | 3 | Analytical or derived from analytical | -- | 12/2009 |
| Lactose 1 2 3 | g | 0.00 | -- | 0.000 | 0 | 0 | -- | -- | -- | 3 | Analytical or derived from analytical | -- | 12/2009 |
| Maltose 1 2 3 | g | 0.19 | -- | 0.187 | 0 | 0.7 | 2.0 | -0.616 | 0.99 | 3 | Analytical or derived from analytical | -- | 12/2009 |
| Galactose 1 | g | 0.00 | -- | -- | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Starch 1 2 | g | 73.30 | -- | 0.467 | 71 | 76.2 | 5.0 | 72.075 | 74.525 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca 1 2 | mg | 3 | -- | 0.357 | 2 | 5 | 3.0 | 1.588 | 4.175 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Iron, Fe 1 2 | mg | 4.36 | -- | 0.420 | 1.81 | 7.51 | 15.0 | 3.466 | 5.258 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Magnesium, Mg 1 2 | mg | 32 | -- | 3.662 | 18 | 49 | 4.0 | 22.267 | 42.276 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Phosphorus, P 1 2 | mg | 99 | -- | 9.970 | 63 | 146 | 4.0 | 71.248 | 126.223 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Potassium, K 1 2 | mg | 142 | -- | 11.250 | 95 | 187 | 4.0 | 110.673 | 172.527 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Sodium, Na 1 2 | mg | 7 | -- | 1.593 | 4 | 12 | 4.0 | 2.395 | 11.243 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Zinc, Zn 1 2 | mg | 0.66 | -- | 0.078 | 0.34 | 0.98 | 4.0 | 0.445 | 0.874 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Copper, Cu 1 2 | mg | 0.076 | -- | 0.006 | 0.05 | 0.1 | 4.0 | 0.058 | 0.094 | 2 | Analytical or derived from analytical | -- | 12/2009 |

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|---|------|-----------------|-------------|------------|------|------|------|---------|---------|-----------|---------------------------------------|---------|---------------|
| Manganese, Mn 1 2 | mg | 0.174 | -- | 0.018 | 0.11 | 0.26 | 4.0 | 0.123 | 0.224 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Selenium, Se 1 2 | µg | 10.5 | -- | 1.449 | 2.2 | 13.8 | 4.0 | 6.551 | 14.539 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | -- | -- | -- | -- | -- | 2 | Calculated or imputed | -- | 12/2009 |
| Thiamin 1 2 | mg | 0.551 | -- | 0.089 | 0.38 | 1.12 | 1.0 | -0.582 | 1.685 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Riboflavin 1 2 | mg | 0.382 | -- | 0.042 | 0.25 | 0.69 | 1.0 | -0.153 | 0.918 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Niacin 1 2 | mg | 4.968 | -- | 0.468 | 2.92 | 7.93 | 1.0 | -0.977 | 10.913 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Pantothenic acid 1 2 | mg | 0.240 | -- | 0.004 | 0.17 | 0.33 | 2.0 | 0.221 | 0.259 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Vitamin B-6 1 2 | mg | 0.182 | -- | 0.028 | 0.09 | 0.32 | 4.0 | 0.103 | 0.26 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Folate, total 1 2 5 6 | µg | 209 | -- | 21.076 | 62 | 387 | 21.0 | 165.515 | 253.176 | 4 | Analytical or derived from analytical | -- | 12/2009 |
| Folic acid | µg | 180 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 12/2009 |
| Folate, food 1 7 | µg | 30 | -- | 2.755 | 26 | 38 | 3.0 | 20.825 | 38.359 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Folate, DFE | µg | 335 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/2010 |
| Choline, total 1 2 | mg | 8.6 | -- | 1.880 | 4.3 | 11.7 | 1.0 | -15.26 | 32.527 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Betaine 1 2 | mg | 1.0 | -- | 0.546 | 0.4 | 2 | 1.0 | -5.974 | 7.891 | 2 | Analytical or derived from analytical | -- | 12/2009 |

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|---|------|----------------|-------------|------------|-------|-------|-----|-----------|----------|-----------|---------------------------------------|---------|---------------|
| Vitamin B-12 | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 10/1989 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin A, RAE ⁴ | µg | 11 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/2002 |
| Retinol | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 06/2002 |
| Carotene, beta ⁴ | µg | 97 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/2002 |
| Carotene, alpha ⁴ | µg | 63 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/2002 |
| Cryptoxanthin, beta ^{1,4} | µg | 0 | -- | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Vitamin A, IU ⁴ | IU | 214 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 09/2002 |
| Lycopene ^{1,4} | µg | 0 | -- | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2006 |
| Lutein + zeaxanthin ^{1,4} | µg | 1628 | -- | 272.500 | 1,355 | 2,120 | 1.0 | -1834.941 | 5089.941 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Vitamin E (alpha-tocopherol) ^{1,2} | mg | 0.12 | -- | 0.025 | 0.08 | 0.21 | 1.0 | -0.182 | 0.427 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Vitamin E, added | mg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Tocopherol, beta ^{1,2} | mg | 0.02 | -- | 0.001 | 0.01 | 0.02 | 1.0 | -- | 0.032 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Tocopherol, gamma ^{1,2} | mg | 0.45 | -- | 0.106 | 0.28 | 0.8 | 1.0 | -0.779 | 1.679 | 2 | Analytical or derived from analytical | -- | 12/2009 |

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|---|------|----------------|-------------|------------|------|------|-----|--------|-------|-----------|---------------------------------------|---------|---------------|
| Tocopherol, delta ¹ ₂ | mg | 0.04 | -- | 0.008 | 0.02 | 0.05 | 1.0 | -0.058 | 0.133 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 11/2008 |
| Vitamin D | IU | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2009 |
| Vitamin K (phylloquinone) ¹ | µg | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.220 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 07/2013 |
| 4:0 ¹ | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| 6:0 ¹ | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| 8:0 ¹ ₂ | g | 0.000 | -- | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 12/2009 |
| 10:0 ¹ ₂ | g | 0.000 | -- | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 12/2009 |
| 12:0 ¹ ₂ | g | 0.001 | -- | 0.001 | 0 | 0 | 1.0 | -0.007 | 0.009 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| 13:0 ¹ | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| 14:0 ¹ ₂ | g | 0.001 | -- | 0.000 | 0 | 0 | 1.0 | -0.003 | 0.004 | 2 | Analytical or derived from analytical | -- | 12/2009 |
| 15:0 ¹ ₂ | g | 0.000 | -- | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 12/2009 |
| 16:0 ¹ ₂ | g | 0.175 | -- | 0.009 | 0.08 | 0.18 | 2.0 | 0.097 | 0.171 | 2 | Analytical or derived from analytical | -- | 07/2013 |

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|---|------|----------------|-------------|------------|------|------|-----|--------|-------|-----------|---|---------|---------------|
| 17:0 1 2 | g | 0.001 | -- | 0.000 | 0 | 0 | 1.0 | -0.001 | 0.001 | 2 | Analytical or derived from analytical | -- | 07/2013 |
| 18:0 1 2 | g | 0.038 | -- | 0.003 | 0.02 | 0.04 | 3.0 | 0.019 | 0.039 | 2 | Analytical or derived from analytical | -- | 07/2013 |
| 20:0 1 2 | g | 0.004 | -- | 0.000 | 0 | 0.01 | 1.0 | 0.002 | 0.003 | 2 | Analytical or derived from analytical | -- | 07/2013 |
| 22:0 1 2 | g | 0.000 | -- | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 12/2009 |
| 24:0 1 2 | g | 0.000 | -- | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Fatty acids, total monounsaturated | g | 0.390 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 07/2013 |
| 14:1 1 2 | g | 0.000 | -- | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 12/2009 |
| 15:1 1 2 | g | 0.000 | -- | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 12/2009 |
| 16:1 undifferentiated 1 2 | g | 0.003 | -- | 0.000 | 0 | 0 | 1.0 | -0.001 | 0.006 | 2 | Analytical or derived from analytical | -- | 07/2013 |
| 17:1 1 2 | g | 0.000 | -- | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 12/2009 |
| 18:1 undifferentiated 1 2 | g | 0.386 | -- | 0.023 | 0.16 | 0.4 | 2.0 | 0.198 | 0.393 | 2 | Aggregated data involving combinations of source codes 1 & 12 | -- | 07/2013 |
| 18:1 t 1 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 03/2007 |

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|---|------|----------------|-------------|------------|------|------|-----|-------|-------|-----------|---|---------|---------------|
| 20:1 1 2 | g | 0.000 | -- | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 12/2009 |
| 22:1 undifferentiated 1 2 | g | 0.002 | -- | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 07/2013 |
| 24:1 c 2 | g | 0.000 | -- | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 12/2009 |
| Fatty acids, total polyunsaturated | g | 0.828 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 07/2013 |
| 18:2 undifferentiated 1 2 | g | 0.808 | -- | 0.052 | 0.33 | 0.84 | 2.0 | 0.409 | 0.829 | 2 | Analytical or derived from analytical | -- | 07/2013 |
| 18:3 undifferentiated 1 2 | g | 0.020 | -- | 0.001 | 0.01 | 0.03 | 3.0 | 0.013 | 0.017 | 2 | Aggregated data involving combinations of source codes 1 & 12 | -- | 07/2013 |
| 18:3 n-6 c,c,c 1 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| 18:4 2 | g | 0.000 | -- | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 12/2009 |
| 20:2 n-6 c,c 1 2 | g | 0.000 | -- | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 12/2009 |
| 20:3 undifferentiated 1 2 | g | 0.000 | -- | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 12/2009 |
| 20:4 undifferentiated 1 2 | g | 0.000 | -- | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 12/2009 |
| 20:5 n-3 (EPA) 1 2 | g | 0.000 | -- | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 12/2009 |

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|--|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| 21:5 ¹ ₂ | g | 0.000 | -- | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 12/2009 |
| 22:4 ¹ ₂ | g | 0.000 | -- | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 12/2009 |
| 22:5 n-3 (DPA) ¹ ₂ | g | 0.000 | -- | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 12/2009 |
| 22:6 n-3 (DHA) ¹ ₂ | g | 0.000 | -- | 0.000 | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 12/2009 |
| Fatty acids, total trans | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2006 |
| Fatty acids, total trans-monoenoic | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 06/2006 |
| Cholesterol | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 10/1989 |
| Amino Acids | | | | | | | | | | | | | |
| Tryptophan ¹ ₂ | g | 0.038 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/2009 |
| Threonine ¹ ₂ | g | 0.172 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/2009 |
| Isoleucine ¹ ₂ | g | 0.242 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/2009 |
| Leucine ¹ ₂ | g | 1.006 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/2009 |
| Lysine ¹ ₂ | g | 0.105 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/2009 |
| Methionine ¹ ₂ | g | 0.162 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/2009 |
| Cystine ¹ ₂ | g | 0.159 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/2009 |

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|---|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Phenylalanine 1 2 | g | 0.366 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/2009 |
| Tyrosine 1 2 | g | 0.187 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/2009 |
| Valine 1 2 | g | 0.337 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/2009 |
| Arginine 1 2 | g | 0.239 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/2009 |
| Histidine 1 2 | g | 0.172 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/2009 |
| Alanine 1 2 | g | 0.560 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/2009 |
| Aspartic acid 1 2 | g | 0.465 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/2009 |
| Glutamic acid 1 2 | g | 1.455 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/2009 |
| Glycine 1 2 | g | 0.217 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/2009 |
| Proline 1 2 | g | 0.746 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/2009 |
| Serine 1 2 | g | 0.341 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/2009 |
| Hydroxyproline 1 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2006 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/1985 |

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|-------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--------------|---------|------------------|
| Caffeine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2002 |
| Theobromine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2002 |

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6m, 2002 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9k, 2005 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA Dietary Fiber and Sugars in Commonly Consumed Foods, 1994 Beltsville MD

⁴National Institutes of Health (NIH) Carotenoid analyses of U.S. foods, Food Composition Laboratory, 1997

⁵J.I. Rader, C. M. Weaver, G. Angyal Total folate in enriched cereal grain products in the United States following fortification, 2000 Food Chemistry 70 pp.275-289

⁶J. W. DeVries, P.M. Keagy, C.A. Hudson, J.I. Rader AACC collaborative study of a method for determining total folate in cereal products -- microbiological assay using trienzyme extraction (AACC method 86-47), 2001 Cereal Foods World 46 5 pp.216-219

⁷J.I. Rader, C. M. Weaver, G. Angyal Use of a microbiological assay with tri-enzyme extraction for measurement of pre-fortification levels of folates in enriched cereal-grain products, 1998 Food Chemistry 62 4 pp.451-465

Footnotes

^a Includes Latino brands